



The Journal

Vol. 27

No. 40

www.cnic.navy.mil/bethesda/

October 8, 2015

NSAB Highlights Resources for Domestic Violence Victims



PHOTO BY MC3 HANK GETTYS

Leaders from Naval Support Activity Bethesda (NSAB) and its various tenant commands signed a proclamation during an Oct. 1 Domestic Violence Awareness Month ceremony, putting NSAB's support behind the Department of Defense, national, state and community programs to eliminate domestic violence through education.

By Andrew Damstedt
NSAB Public Affairs
staff writer

The pictures on posters hung in the atrium of Building 17 onboard Naval Support Activity Bethesda (NSAB) Oct. 1 each had a name and a story of how that person became a victim of domestic violence.

"These stories are true stories of domestic violence victims, of those who have been affected by domestic violence," said Lawanda Dezurn, a Fleet and Family Service Center (FFSC) domestic abuse victim advocate. "We wanted to let people know that domestic violence is real, a true thing that happens to people in their lives – people who have lost their

lives – people who can no longer live to tell their stories."

October has been designated nationally as Domestic Violence Awareness Month and NSAB's Fleet and Family Service Center hosted a kick-off event and proclamation signing to raise awareness of an issue that affects millions nationally.

The National Coalition Against Domestic Violence (NCADV) reports that one in three women and one in four men have been victims of some form of physical violence by an intimate partner in their lifetime. Other statistics on the NCADV website show that more than 10 million women and men are victims of domestic violence annually, and children in

homes where domestic violence occur also suffer high abuse and neglect rates.

"So why is Domestic Violence Awareness Month so important?" asked Talia Bryan, a licensed independent social worker, to a crowd assembled to witness NSAB and tenant command leaders sign a proclamation decrying domestic violence. "Because domestic violence is a serious issue; it can have a huge range of consequences and in some cases it has even led to death."

FFSC Director Oswald Elie said domestic violence is one of the most underreported crimes, and he said that affects the entire family.

"Unfortunately we live in a society that often marginalizes and overlooks the effects of

domestic violence on victims and their families," Elie said. "As a clinical social worker, I've witnessed the corrosive effect of domestic violence firsthand. I can testify to the scope and magnitude of this silent epidemic. Through the signing of this proclamation we recommit ourselves to the DOD's zero tolerance memorandum against violence."

One reason people in a military family might not report domestic violence is the fear of not wanting to get a loved one in trouble with their command, Dezurn said. She said domestic violence can be reported restricted – which doesn't notify the command, but allows the victim access to health care and advocacy services– or unrestricted,

which notifies the command and also provides health care and advocacy services. However, Dezurn said depending on the severity of the incident, it might be required to be reported to the command, which will then trigger military or civilian protective orders to keep the victim safe.

Capt. Marvin Jones, NSAB commanding officer, and other command leaders signed a proclamation which put NSAB's support behind the Department of Defense, national, state and community programs to eliminate domestic violence through education.

"I ask that each of you consider and realize that you are part of the solution

Commandant's Column

September was another busy month with lots of fun and meaningful events. We welcomed a new Chief of Naval Operations, ADM John Richardson; celebrated Naval Support Facility Indian Head's 125th anniversary; pinned the Navy's newest Chief Petty Officers; honored our Ombudsman and Key Spouses; and supported the Pope's visit.

We also closed our Fiscal Year 2015 in grand style. A special thanks to all who played a role in balancing our books and executing our funding on target and on time. Great job!

October is National Energy Action Month. The Department of the Navy's theme this year is "Power-Presence" and we are called upon as Americans to work together, "to achieve greater energy security, a more robust economy, and a healthier environment for our children."

As our nation and Navy becomes more and more reliant on an uninterrupted supply of energy/electricity to execute even the most basic warfighting and administrative tasks, energy reliability and energy resilience have moved to the forefront of Navy acquisition and planning efforts. Continued overreliance on oil to meet our energy needs presents an unmitigated vulnerability to our warfighting superiority, as well as to our economy and environment. Therefore, at the corporate level, the Navy has been focusing on and fielding alternative and renewable energy, both ashore and afloat, for several years. Nuclear power, biofuels for use in aircraft and ships, electrification of non-tactical vehicle fleets, and in-



Rear Adm. Yancy B. Lindsey
Commandant,
Naval District Washington

creased use of renewable forms of energy (e.g., photovoltaics, hydro and wind) are just some examples. These efforts work to ensure we will have the energy we need, when and where we need it; that is, reliable energy. They also work to ensure that our sources of energy can withstand direct attack, natural disasters, and worldwide supply chain interruptions; that is, energy resiliency.

So what does that mean for us? Although many are involved in some of the efforts I mention above, there are things we can do at the individual level to assist with energy reliance and resiliency that, when combined with the efforts of all, have a significant impact on our warfighting efficiency and effectiveness. Ashore, every bit of energy/electricity we save frees up valuable resources that can be used elsewhere. Even actions that may appear insignificant, like turning off lights, eliminating small/individual refrigerators, and shutting down your computer before leaving for the day, can have a tremendous impact when multiplied across the Navy.

Here are some examples of things you can do during Energy Action Month (and beyond) to support the Navy's Energy Program:

- 1) Use the Energy Star power management settings on your computer and monitor so they go into power save mode when not in use.
 - 2) Use a power strip as a central "turn off" point for attached equipment.
 - 3) Unplug electronics, such as cell phones and laptops, once they're charged. Adapters plugged into outlets use energy even after the equipment is fully charged.
 - 4) Replace the light bulb in your desk lamp with an Energy Star qualified bulb. It'll last up to 10 times longer and use approximately 75 percent less energy.
 - 5) Turn off the lights when you leave a space, especially at the end of the day.
 - 6) Keep air vents clear of paper, files, and office supplies. It takes as much as 25 percent more energy to pump air into a workspace if the vents are blocked.
 - 7) Use only E85/ethanol in flex fuel vehicles.
 - 8) Be aware of energy/electricity usage in your spaces and in the spaces and buildings around you. If you notice wasteful practices or conservation opportunities, inform your building manager or Naval Facilities Engineering Command personnel.
- During this Energy Action Month, you will see events and activities at your installation designed to boost energy awareness. Please participate and learn about energy use and conservation. I appreciate your support of the Navy's Energy Program.

Bethesda Notebook

New Fitness Center and Pool Hours

The Fitness Center and Pool in Bldg. 17 are operating under the following new hours:

Fitness Center:
M-F 4:30 a.m. - 10 p.m.
Sat 8:30 a.m. - 7 p.m.
Sun 8 a.m. - 5 p.m.

Pool:
M-F 5 a.m. - 8 p.m.
Sat 9 a.m. - 5 p.m.
Sun 9 a.m. - 4 p.m.

Army Recruiting

A U.S. Army Recruiting Command Commissioning Programs presentation is scheduled for Oct. 16 from 7:30 to 9 a.m. in Building 10's Clark Auditorium. The presentation is for those interested in careers in the Army Medical Department (AMEDD), and programs to be discussed include the Interservice Physician's Assistant Program (IPAP), the AMEDD Enlisted Commissioning Program (AECPRN), the Enlisted to Medical Degree Preparatory Program (EMDP2), the Health Professions Scholarship Program (HPSP), Masters in Social Work (MSW) and Physical Therapy. For more information, contact Eddie D. Thomas, education and training specialist at Walter Reed National Military Medical Center, at 301-319-4606, or at eddie.d.thomas3.civ@mail.mil.

New NEX Mini Mart Hours

In an effort to accommodate customers better and provide premier customer service, the NEX is extending its hours of operation at the Mini Mart one hour past the operating hours of the Main Store. Below are the new operating hours for the Mini Mart beginning Oct. 1:

M-F 6 a.m. - 9 p.m.
Sat 8 a.m. - 9 p.m.
Sun 10 a.m. - 8 p.m.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: Ronald D. Inman
Public Affairs Office: 301-295-1803

NSAB Ombudsman
Michelle Herrera 240-370-5421

NSAB Chaplain's Office 301-319-4443/4706

Sexual Assault Response
Coordinator Hotline 301-442-2053

Journal Staff

Managing Editor MC3 Hank Gettys
WRNMMC Editor Bernard Little

Staff Writers MC1 Christopher Krucke
Andrew Damstedt
Sarah Marshall
Sharon Renee Taylor
Joseph Nieves

NSA Bethesda
Fleet And Family Support Center 301-319-4087

Walter Reed National Military Medical Center
Office of Media Relations 301-295-5727

NSAB Emergency Information Line 301-295-6246

Visit us on Facebook:

Naval Support Activity Bethesda page:
<https://www.facebook.com/NSABethesda>
Walter Reed National Medical Center page:
<http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107>
Uniformed Services University of the Health Sciences page:
<http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?ref=ts>

VA Advisory Committee on Women Vets Visits WRNMMC

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

Members from both the Department of Veterans Affairs (VA) Advisory Committee on Women Veterans and Center for Women Veterans (CWV) received a first-hand look at the care and programs for women veterans at Walter Reed National Military Medical Center (WRNMMC), Sept. 24.

The congressionally-mandated VA women's advisory committee advises the VA secretary on the department's programs and services for women veterans and originated from the ongoing collaboration between WRNMMC and the VA.

According to the VA, women make up about 9.2 percent of total veterans. A 2014 Veteran Population Projections Model estimates that will increase to more than 16 percent total veterans by 2043.

According to Elisa Basnight, director of the CWV, the purpose of site visits is to provide an opportunity for committee members to compare the information they received from briefings provided by the administrations at the VA's Central Office with activity in the field. Designed to see how national VA policy is im-

plemented on local levels, the committee sought to learn how the Department of Defense (DOD) cares for female service members prior to receiving services at the VA as women veterans, along with how various areas accommodate the needs of its local level, Basnight said.

Army Col. Rachel Armstrong, director of VA Partnerships at WRNMMC, provided an overview of the office which handles all the administrative functions, the external programs referral office (EPRO). The EPRO was established in 2014 to coordinate patient care for all external programs.

After a review of data, she explained current initiatives and the way ahead for future DOD/VA partnerships. Plans include establishing EPRO as the central hub for the full spectrum of patient care for all external programs, as well as to improve administrative efficiency, transfer of documentation to referring providers and transparency of data with a central database.

Armstrong spoke of five WRNMMC initiatives with the District of Columbia VA Medical Center (DC VAMC), including providing a weekly women's health clinic at



PHOTO BY SHARON RENEE TAYLOR

Walter Reed National Military Medical Center (WRNMMC) Director Maj. Gen. (Dr.) Jeffrey Clark speaks with members of the VA Advisory Committee on Women Vets and the Center for Women Veterans, during their visit to WRNMMC Sept. 24.

DC VAMC, along with a bi-weekly tele-neurosurgery clinic day, and a WRNMMC licensed practical nurse with duty at the DC VAMC. Future plans include holding an organ transplant clinic at DC VAMC. Currently, WRNMMC accepts DCVA veterans for the transplant wait-list and access procedures.

The committee received a brief of women's integrative health and wellness programs at the medical treatment facility from U.S. Public Health Service Capt. Moira McGuire,

chief of Integrative Health and Wellness. Included in the overview of women's programs at WRNMMC, Navy Lt. Cmdr. Shana Adams, chief, Obstetrics and Gynecology Service, reviewed the existing partnership between the VA Hospital in Washington, D.C., and WRNMMC.

Adams explained she and members of her department currently treat patients at the VA hospital, in a weekly Women's Healthcare Clinic. The continuity of care between the local VA hospital and WRN-

MMC allows those patients a seamless transition to the medical center, and the opportunity to receive care from the same provider they saw at the VA facility, through a DOD/VA sharing agreement.

"Walter Reed National Military Health Center: Where our Nation Heals its Heroes. We define Heroes as Service Members and their Families; Our Retirees and their Families; and our Veterans. We are working closely with

See **WOMEN** page 4

WRNMMC's Flu Campaign Underway

By Joe Nieves
WRNMMC Public Affairs
staff writer

Walter Reed National Military Medical Center's annual flu campaign is underway. Beneficiaries are able to get their flu vaccines in the tent located in Bldg. 9, first floor, near Radiology.

When planning to receive the vaccine beneficiaries should keep the following in mind:

- The flu vaccine is for those ages 6 months and older;
- Children under age 3 must go to the Immunization Clinic to receive the vaccine, and adults accompanying beneficiaries may also receive their vaccine (if they have not already) in the clinic;
- The nasal spray vaccine is for beneficiaries ages 2 to 49 with no chronic medical conditions, such as asthma, heart disease, or diabetes
- Beneficiaries with moderate-to-severe illnesses, with or without a fever, should speak with a health-care provider before receiving the vaccine.
- Pregnant women or people with pre-existing medical conditions should not receive the nasal spray vaccine.

The tent will remain open until Nov.



COURTESY PHOTO

6, but will be closed on Monday in observance of Columbus Day. Beneficiaries are strongly urged to get their vaccine early in the flu season to help mitigate their chances of infection. After Nov. 6, vaccines will only be administered in the clinic.

The Centers for Disease Control and Prevention (CDC) recommends receiving the flu vaccine early because flu outbreaks can happen at any time. Flu outbreaks can happen as early as October, but most flu activity peaks between December and February and last as late as May, according to the CDC. As long as the flu virus is circulating, it is not too late to get vaccinated, even in January or later, the CDC adds.

For more information concerning the WRNMMC flu campaign, call the WRNMMC flu hotline at 301-295-5798.

Safety is a Two-Way Street *Leaders Call Attention to Safe Practices for Drivers and Pedestrians*

By NSAB Public Affairs Office

Naval Support Activity Bethesda (NSAB) leadership wants to remind our community of the importance of practicing traffic safety while transiting on, to or from the installation-whether on foot or in a vehicle.

"As we enter the fall, days are growing shorter," said NSAB Installation Transportation Manager Ryan Emery. "So it's crucial that both pedestrians and motorists are mindful of their surroundings." He emphasized that two thousand people cross Rockville Pike to go to and from the base every day, making a focus on safety at that location especially important.

"Safety is important matter to me and every leader on the installation," said Capt. Marvin L. Jones, commanding officer of NSAB. "We need you to pay attention every day to make sure everyone – patients, staff and guests – can get where they need to go safely and accomplish our missions. For our

Risky behaviors in traffic include:

- Using a cellphone and not paying attention to your surroundings
- Wearing headphones or earbuds in both ears
- Not wearing reflective clothing or making yourself visible to motorists
- Exceeding speed limits – the average speed limit around NSAB is 15 miles per hour

pedestrians, we ask that you not jaywalk. Use the designated crosswalks and maintain eye contact with drivers and look both ways before entering the crosswalks. For drivers, please do not exceed the posted speed limits and be ever vigilant for pedestrians."

For more information or questions regarding traffic safety please contact the NSAB Safety Officer at 301-295-2870, or your unit safety representative.

WOMEN

Continued from pg. 3

our VA partners in Martinsburg, W. Va., District of Columbia, and Baltimore Medical Centers in the care of veterans. We pride ourselves on timely, patient-friendly access and warm hand-offs when we receive our VA patients and when their care resumes with our VA partners,” WRNMMC Director Maj. Gen. (Dr.) Jeffrey Clark told the VA advisory committee.

Navy Cmdr. (Dr.) Russell Carr, chief, Psychiatry Department at WRNMMC, and Dr. Raymond Lande, service chief, Psychiatry Continuity Service, provided an overview of the WRNMMC Sexual Trauma Program, also known as the Interpersonal Recovery Program (IRP), which treats

both male and female service members who have experienced sexual trauma. The comprehensive outpatient-program pilot launched in the summer of 2014 in response to a growing need for intensive counseling for victims of sexual trauma. Goals for the IRP over the next 12 months include serving as a DOD-wide referral center.

In a discussion of individualized care in prosthetics and rehabilitation, David Laufer, chief of Orthotic and Prosthetic Services, WRNMMC, spoke about the need for prosthetics to fit female amputees and how the department accommodates them. He said very few terminal devices are manufactured with women as the target market.

Delphine Metcalf-Foster, a retired Army first sergeant who serves as the junior vice commander for the Disabled American Veterans, has served on the Women Advisory Board since 2011. She said it was important to visit WRNMMC, “to see what can be

done better for women veterans, especially in the area of prosthetics.”

Six years ago, Metcalf-Foster needed a knee replacement and wanted to have the procedure performed at her local VA hospital. She wanted a gender-specific replacement and went to the legislative department of her VA to explain her need for the prosthetic.

Before the committee departed, the group toured the National Intrepid Center of Excellence (NICoE), the Military Advanced Training Center, and Ward 7-East, which treats inpatient Traumatic Brain Injury (TBI) patients. Dr. Johanna M. Wolf, a clinical psychologist and research coordinator for the Inpatient Neuropsychiatry/Traumatic Brain Injury Program explained to the advisory committee that the service provides ongoing medical/surgical care for Polytrauma patients during TBI assessment.

DOMESTIC

Continued from pg. 4

in preventing domestic violence,” Jones said. “The Department of Defense issued a zero tolerance memorandum in 2006 that declared domestic violence would not be considered among our ranks.”

He encouraged those who experience domestic violence to reach out to the FFSC counselors so they can provide help.

“They are here and they want to serve you and together we can assure that domestic violence has no place among our ranks,” Jones said. “As a team and family we owe that to each other.”

There are four FFSC Family Advocacy Program case managers who provide counseling services and Dezurn, as the domestic abuse victim advocate, helps victims find safe places and shelters and goes to court with them as needed. Throughout October, there will be tables set up on base providing information about resources on base: Oct. 9 from 10 a.m. to 1:30 p.m. at the Navy Exchange; Oct. 15 from 9:30 a.m. to 12:30 p.m., Building 19; Oct. 19 from 11:30 a.m. to 2:30 p.m., Building 19; Oct. 23 from 10 a.m. to 1:30 p.m., Navy Exchange; and Oct. 26 from 10:30 a.m. to 1:30 p.m., Uniformed Services University of the Health Sciences.

“A lot of people come to me and ask if they are truly in a domestic violence situation,” Dezurn said. “Domestic violence can be verbal, emotional, psychological, and sexual which sometimes people don’t think of as domestic violence.”

She said safety is the first priority for domestic violence victims – and advised victims to contact the FFSC privately so they can help them with a safety plan.

“It’s good to come in and get a safety plan, connect with resources and get the support and get counseling services,” Dezurn said.

The FFSC is located in Building 11 and the intake number is 301-319-4097. Dezurn’s number is 301-319-8845. The National Domestic Violence Hotline is another resource victims can call at 1-800-799-SAFE (7233) or chat online at www.thehotline.org.



GET TO-GO
COFFEE
TO-GO EVEN
QUICKER.



AND THEN GET YOUR LUNCH
QUICKER. AND DINNER.

And maybe even some home improvement supplies. With Android Pay™, you can add your credit and debit cards just by taking a picture, and then you can pay with a tap at more than 1 million stores in the U.S. So the coffee is just the first of many quicker purchases.

ANDROID PAY

THE SIMPLE WAY TO PAY WITH JUST
A TAP OF YOUR ANDROID™ PHONE



Learn more at navyfederal.org/androidpay.

Federally insured by NCUA. Message and data rates may apply. Visit navyfederal.org for more information. Android and Android Pay™ are trademarks of Google, Inc. The Android Robot is reproduced or modified from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. © 2015 Navy Federal NFCU 13391 (9-15)

KENSINGTON AREA

Fully furnished room for rent in house w/ full kitchen privileges. 10 min. from Walter Reed. Safe, quiet neighborhood. Seeks non-smoking, clean, friendly professional female w/ full-time job at Walter Reed to fit in, live w/ family of 3 w/ one dog and bird. \$850.00/mo utilities incl. Call (202) 288-9363

For more news from
other bases around the
Washington, D.C. area,
visit
www.dcmilitary.com.

WRNMMC Welcomes Home Sailors, Soldier From USNS Comfort Deployment

By Bernard S. Little
WRNMMC Public Affairs
staff writer

Walter Reed National Military Medical Center (WRNMMC) welcomed home a few of its finest Monday as Sailors and a Soldier returned to WRNMMC from a six-month deployment on the USNS Comfort (T-AH-20).

The Comfort's deployment was the first for the hospital ship since 2011. The hospital staff and crew provided health care and community assistance projects in 11 nations as part of its humanitarian mission Continuing Promise 2015 (CP-15), from April through September. The mission helped strengthen regional partnerships while improving the lives of thousands in Central and South America and the Caribbean, according to officials from the U.S. Southern Command, sponsor of CP-15. One of nine Unified Combatant Commands (CCMDs) in the United States Department of Defense (DoD), the U.S. Southern Command supports U.S. national security

objectives throughout the Western Hemisphere in cooperation with domestic and international partners. They added CP-15 also helped the U.S. improve its readiness capabilities to respond to humanitarian crises or disasters in the region and elsewhere if needed.

More than 40 service members from WRNMMC were part of the 700 U.S. military and civilian personnel who served aboard the Comfort, which anchored in Belize, Colombia, Dominica, the Dominican Republic, El Salvador, Guatemala, Haiti, Honduras, Jamaica, Nicaragua and Panama to fulfill its mission. They treated more than 120,000 patients and conducted over 1,200 surgeries, as well as approximately 1,200 subject-matter expert exchanges covering medical, veterinary, engineering and environmental health topics. In addition, the Comfort crew completed more than 90 engineering and building site projects.

"We appreciate what you did very much," said WRN-



PHOTO BY BERNARD S. LITTLE

Walter Reed National Military Medical Center service members who deployed on the USNS Comfort for a six-month humanitarian mission in 11 nations in Central and South America.

MMC Director Maj. Gen. (Dr.) Jeffrey B. Clark in welcoming back those from WRNMMC who deployed on the Comfort. "Have you stopped to think about what you've just accomplished, and the implications of what you've accomplished? You had a great clinical experience, and you represented the U.S. Navy, Navy medicine, the Department of Defense and the United States

of America. You should feel very, very proud of that. For a lot of people in that part of the world [where the Comfort deployed], their impression of the United States of America is you. That's good. Welcome home and it's good to have you back. I couldn't be more proud."

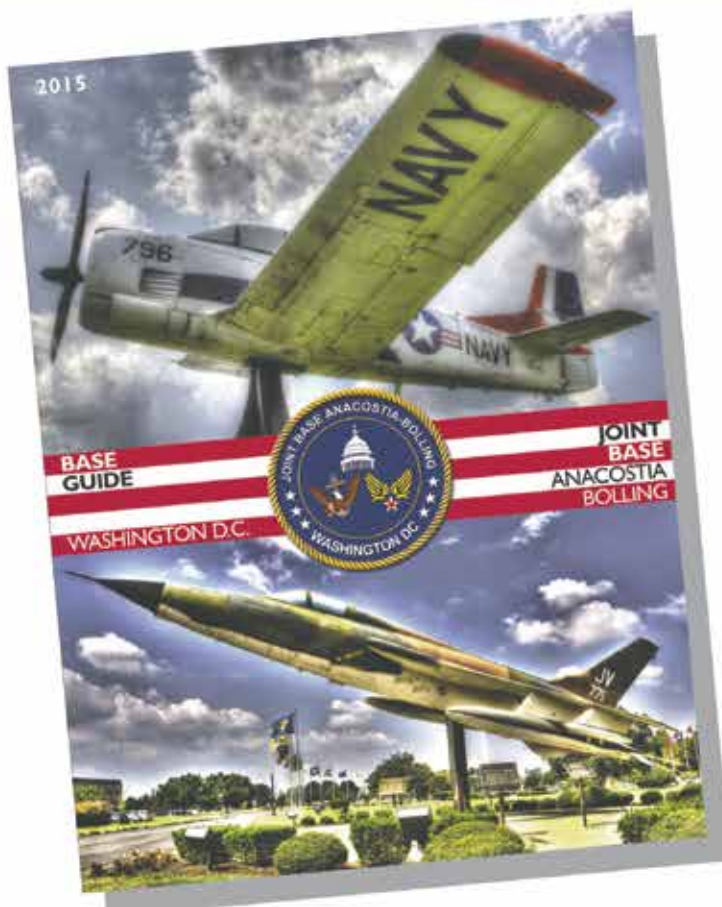
WRNMMC Command Master Chief Tyrone Willis was also on hand Monday to welcome back service members

to the medical center. "We provide a service. We take care of people and we touch their lives. That's what makes us great and unique among other countries throughout the world. We take the time to bring care to others," the senior enlisted leader stated.

Information Technology Specialist 3rd Class Micah Jones explained the Comfort

See **HOME** page 6

JOINT BASE ANACOSTIA-BOLLING 2016 ANNUAL WELCOME GUIDE



Don't miss your chance to advertise in THE ONLY comprehensive guide to resources, facilities, attractions and more for military personnel at Joint Base Anacostia-Bolling!

Advertising deadline:
November 6

Reserve your ad space today!
Email mminar@dc military.com or call:
301-921-2800

Ask about special pricing and custom packages for new advertisers!

DIGNITY. SECURITY. FRIENDSHIP.



VINSON HALL RETIREMENT COMMUNITY

Vinson Hall Retirement Community is a nonprofit CCRC located in convenient McLean, VA and offers independent residential living for military officers, their immediate family, and select government employees of equal rank.

Arleigh Burke Pavilion Assisted Living and The Sylvestery Memory Support Assisted Living do not require military affiliation.

VINSON HALL
RETIREMENT COMMUNITY

supported by Navy Marine Coast Guard Residence Foundation
6251 Old Dominion Drive, McLean, VA 22101
Please Visit Us at www.vinsonhall.org
703-536-4344



Beautiful & Affordable Apartments ALL Utilities Included! Just Minutes From Walter Reed!



Military Benefits Package:

- NO Application Fee!
- NO Credit Check!
- NO Security Deposit!

**All Active &
Retired Military
Members Receive
\$100 Off Rent
Per Month!**



Call Now For A Tour & Availability

301.949.1215
10225 Frederick Ave.,
Kensington, MD 20895

HOME

Continued from pg. 6

was his first deployment and he provided computer technical support and communication on the mission. "You kind of integrate into a family. I had so many people who had my back and it is something I'll never forget." He added although there was a lot of work, he loved it. "You are expected to take charge of more, and it was amazing."

Personnel Specialist 1st Class Angela Hill ensured service members from the different commands assigned to the Comfort were paid, in addition to handling other personnel concerns. The Comfort was also Hill's first deployment and she said the mission had an impact on her. "You see a lot of poverty and it makes you appreciate what we have here as Americans," she said.

Hill added as a personnel specialist, she experienced the largest influx of work at the beginning and conclusion of the Comfort's deployment. She also took on a patient administrator's role during the mission. She describes the health care delivered by the Comfort as

"amazing."

Lt. Cmdr. (Dr.) Amy Frankston, a WRNMMC nephrologist, explained she worked primarily as an internist during the Continuing Promise 2015 mission. "We were the ones going ashore those nine or 10 days in each country seeing patients at the medical sites. It was a totally different experience [and] a chance to do medicine for a great cause. The people we saw were very underserved in many of these areas."

Army Capt. Rory Walton, an operating room nurse who served on the Comfort, was the only Soldier from WRNMMC to deploy for the mission. She explained the mission allowed for the sharing of best practices and ideas. "It further enables all of us to build partner capacity and promote collaboration in order to meet challenges together and prepare for future missions, contingencies and response efforts."

Regarding the care provided during the mission, Walton stated, "Any care where you have substantially changed someone's quality of life has huge meaning. We [were] able to resolve blindness, restore walking and upper body use, reduce chronic pain, and treat life-threatening injuries."

For more news from other bases around the Washington, D.C. area,

visit www.dcmilitary.com

Caring For Our Veterans is the American Thing to do



When You Support VSF, you support:

- ★ Housing For Homeless Veterans
- ★ Outreach Services & Aid For Veterans of All Conflicts
- ★ Benefits For Hospitalized Veterans
- ★ Service Officer Program To Assist Families
- ★ and many other organizations.

Visit: vsf-usa.org

or call 1-800-882-1316 x126

to learn more.

VSF is a 501(c)(3) charity to which donations are deductible to the donor.



Find us on Facebook YouTube

Please designate #11324 on your CFC pledge card.



Mercedes-Benz

DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



2014 Mercedes-Benz CLA-Class
Starting at \$29,900



2014 Mercedes-Benz ML 350 Sport Utility

EuroMotorcars
BETHESDA

EuroMotorcars Bethesda
Randy Merry and Jim Pratt, New Car Sales Managers
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers
888.250.2987
EuroBethesda.com
7020 Arlington Road, Bethesda, MD 20814

* See dealer for complete details. Photos used for advertising purposes only.



Classifieds

Call **301-670-2503**

Houses for Rent

Wanted to Buy

NewToday

ROCKVILLE FOR RENT
\$2800 Single-family home at 201 Twinbrook Pkwy Rockville, MD 20851. 3 Bedrooms with den, 2 Full bathrooms. One mile from the Twinbrook Metro Station.

Please contact
Rich at 301-762-5182 or richgott3@verizon.net

Small collector pays CASH for Coins / Collections / Gold. Will come to you. Call Al at: 301-807-3266

Let us help you find the right candidate, recruiting can be simple!
Maryland, Virginia, Washington DC, we have you covered!

Call us today 301.670.2500



Go to
www.DCMilitary.com



MILITARY RETIREES* & ACTIVE-DUTY FAMILIES:

freedom | trust | choice

If you're eligible for TRICARE Prime,[®] you have a choice.

EXERCISE YOUR FREEDOM OF CHOICE:

The Department of Defense gives you outstanding options for TRICARE Prime, including the Johns Hopkins US Family Health Plan.

Receive all of your TRICARE Prime benefits and more from one of the most trusted names in medicine.

Request a free information packet or reserve a seat at a free information briefing in your area:

Call 1-888-294-1129 or
ChooseHopkinsToday.org/NN



*Military Retirees under age 65 with TRICARE eligibility can enroll in the Plan.
TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

We've got you covered for *Memory Care, Senior Living, Nursing & Rehabilitation*

HCR ManorCare offers a unique range of care in the Washington D.C. area under the Heartland, ManorCare and Arden Courts names.

By pooling our resources and expertise, we are able to provide carefully coordinated, individualized care options that maximize health, comfort, independence and dignity for our patients, residents and their families.

ManorCare 
Health Services

ManorCare's skilled nursing and rehabilitation centers offer post-acute services for those recovering from life-changing events such as illness, injury, surgery or multiple health issues — and need additional care before transitioning from hospital to home. Locations in:

Adelphi • Bethesda • Chevy Chase • Hyattsville • Largo
Potomac • Silver Spring • Wheaton
800.736.4427

Heartland 
Enriching life.

Provided at home, within an assisted living or skilled nursing center our hospice program includes comfort care, pain management and education for the patient and family, as well as psychosocial and spiritual support.

Baltimore 410.719.8670

Arden Courts 

Arden Courts were researched, designed and developed for persons living with Alzheimer's disease and other related dementias. We know, we understand, and we can help, because memory care is all we do.SM
Memory care communities:

Annandale • Fair Oaks • Kensington • Potomac • Silver Spring
888.478.2410



HCR ManorCare 
Heartland • ManorCare • Arden Courts